

Turkey Stuffed Cabbage

Rating: ★★★★★

Makes: 5 servings

Ingredients

1 head of cabbage
1/2 pound lean ground beef
1/2 pound ground turkey
1 onion (small, minced)
1 slice whole wheat bread (stale, crumbled)
1 tablespoon lemon juice
1/4 cup water
1/8 teaspoon black pepper
1 can diced tomatoes (16 oz)
1 onion (small, sliced)
1 cup water
1 carrot (medium, sliced)
1 tablespoon lemon juice
2 tablespoons brown sugar
1 tablespoon corn starch

Directions

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels.
2. Shred 1/2 cup of raw cabbage and set aside.
3. Brown ground beef and turkey and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl.
5. Drain tomatoes, reserving liquid, and add 1/2 cup of

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	6 g	9%
Protein	17 g	
Carbohydrates	28 g	9%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	320 mg	13%

tomato juice from can to meat mixture. Mix well; then place 1/4 cup of filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.

6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.

7. Remove cabbage rolls to serving platter; keep warm.

8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet, and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.